

8 Ways Women Can Improve Dealing With Money

It's no secret that women view money differently than men. Meriflor Toneatto is an entrepreneur and certified business and life coach. She states, "A woman's emotional relationship with money directly impacts her overall level of satisfaction in life – or lack of it."

Toneatto continues, "Wealth isn't just about money; it's about the quality of a woman's overall life. Greater awareness of how you feel about your life can yield helpful insights regarding your relationship with money, which can immediately change for the better."

Below are 8 ways women can help with their confidence dealing with money and being successful with their own financial management.

1) Be honest. Total honesty is the best way to get to the root of your feelings, beliefs and attitudes about money. Women often keep secrets about our true feelings, especially regarding money.

2) Give yourself permission. For better or worse, women tend to seek support or permission for significant life decisions. Skip a step and give yourself permission. It's important to have an open mind and heart as you proceed with financial self-improvement, which includes being grateful for who you are right now, warts and all, for arriving at this moment in your life.

3) Practice forgiveness. A key way to move beyond your emotional obstacles with money is to let them go and forgive. Practicing forgiveness is a powerful way to remove what's standing between you and having more money in your life.

4) Celebrate the big and small – have fun! We always notice the big things in life, but we tend to overlook the little steps we took to get there. They all count! And, take heart in your journey – an adventure of self-discovery, love, courage and possibility. This is at the heart of true, lifelong self-improvement.

5) Put yourself first. Commit to taking care of yourself and putting your needs at the top of your priority list. Think of it as “self-full” rather than “selfish.” When you love yourself, you’ll experience positive changes that will benefit those around you; you will operate better. “Self-fullness” may include scheduling uninterrupted time alone for reflection, reading, meditation, physical training and other ways to get in touch with your emotions.

6) Start a money journal. Consider keeping a gratitude journal and, taking it a step further, a financial journal. What you focus on will grow, so focus on being grateful about money and you’ll start to see positive changes in your life.

7) Pay attention to synchronicities. As you begin to work on transforming your relationship with money, pay attention to what comes back to you as a result of your intention. Be aware of coincidences, synchronicities and opportunities that come your way. This may include new clients at unexpected places, hearing references to new books or even a mentor, or the possibility that you’re at the right place at the right time.

8) Feel prosperous and rich now. Prosperity and wealth is a state of mind. It’s essential that you don’t feel poor because that brings your thoughts toward poverty. Your goal is to take stock of what you have now, embellish it with gratitude, and enjoy the return.

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